

NURSE AIDE TRAINING

Nurse Aide Training is a two-credit course. Students pursue skill mastery in the classroom, laboratory, and clinical area. The Nurse Aide Training program and Health Science instructor must be approved by the Alabama Department of Public Health (ADPH), Division of Health Care Services, for students to be eligible to take the National Nurse Aide Assessment. Students must successfully complete an approved program and pass the National Nurse Aide Assessment certification exam in order to become a Certified Nurse Aide (CNA).

Career and technical student organizations are integral, co-curricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Students will:

Introduction to Long Term Care Assisting

1. Demonstrate knowledge and skills related to communication, safety, infection control, resident rights, and independence with satisfactory performance prior to engaging in direct contact with residents.
 - Identifying proper channels related to the process of communication and demonstrating effective interpersonal skills
 - Demonstrating proficiency and knowledge in the area of infection control
Examples: Lab Skills – handwashing, gloving, masking, gowning, donning and removing Personal Protective Equipment (PPE)
 - Demonstrating skills related to safety and emergency procedures to include abdominal thrust and Cardiopulmonary Resuscitation (CPR)
Examples: Lab Skills - fire extinguisher, evacuation, falling, choking, CPR, bleeding, restraints
 - Describing the purpose of resident's rights and the importance of respecting the rights
 - Defining independence and methods for promoting resident independence

Basic Nursing Skills

2. Identify basic nursing skills related to long term care and demonstrate knowledge and proficiency associated with the skills.
 - Defining the importance of vital signs and demonstrating skills for taking and recording temperature, pulse, respiration, and blood pressure
Examples: Lab Skills - blood pressure, pulse, respiration, radial/apical pulse, temperature-oral, axillary, rectal
 - Demonstrating skills for measuring height and weight, and recognizing the importance of assessing height and weight
Examples: Lab Skills - weight of ambulatory and non-ambulatory patients, floor scale, wheel chair scale, occupied bed scale

- Identifying steps to maintaining and caring for the resident's environment
Examples: Lab Skills - bedmaking, closed bed, occupied bed
- Recognizing abnormal changes in elderly body functions and demonstrating steps for reporting findings
- Defining stages in death and dying and identifying steps associated with caring for the dying resident

Personal Care Skills

3. Recognize and describe the importance and procedures related to personal care skills in the long term care setting and demonstrate satisfactory performance of skills.
 - Demonstrating knowledge and skills needed for providing a bath and perineal care
Examples: Lab Skills – bedbath, shower, perineal care, catheter care, foot care
 - Demonstrating the procedures necessary for grooming residents to include oral hygiene
Examples: Lab Skills - fingernail care, hair, shaving, mouth care, upper and lower dentures
 - Demonstrating procedures for dressing residents
Examples: Lab Skills - dress in diaper, slacks, shirt, socks, shoes, apply knee-high elastic stocking, dress client with affected right arm
 - Describing methods of toileting and procedures for assisting with elimination
Examples: Lab Skills - bedpan, calculate intake, measure urinary output, empty catheter bag, collect urine specimen, bedside commode
 - Demonstrating steps for feeding residents
Examples: Lab Skills - feed resident, feed dependent resident
 - Recognizing the importance of nutrition, hydration, and assisting residents with hydration
Examples: Lab Skills - calculate intake and output, provide drinking water
 - Describing the importance of skin care
Examples: Lab Skills - back rub, lotion
 - Demonstrating skills for transferring, positioning, and turning residents
Examples: Lab Skills - dangle, stand, ambulate, transfer bed to wheelchair (transfer belt), two-person transfer, assist to ambulate using transfer belt, position in chair, turn toward and away, move with drawsheet, log roll, position in fowlers, semi prone, supine, Sims, position on side

Mental Health and Social Services

4. Recognize the stages of the aging process, correctly identify the role of family support, and accurately describe methods for responding to behavioral problems in long term care.
 - Modifying behavior in response to resident behavior
 - Identifying appropriate steps for responding to residents based on their behavior

- Describing the aging process and recognizing developmental task for the resident's age
- Recognizing the role family members have in regards to support of resident and in planning resident care
Examples: Lab Skills - role play personal choice and dignity, admission procedure

Care of Cognitively Impaired Residents

5. Identify procedures for communicating and working with residents who have cognitive impairments to include Alzheimer's disease and satisfactorily demonstrate behavioral skills to meet the needs of these residents.
 - Understanding techniques for addressing unique needs and behaviors of individuals with dementia
 - Recognizing and understanding skills for communicating with residents who suffer with cognitive impairments
 - Understanding cognitively impaired residents
 - Responding appropriately to the behaviors of cognitively impaired residents
Examples: Lab Skills - role play appropriate communication skills for cognitively impaired residents
 - Demonstrating methods of reducing the effects of cognitive impairments
Examples: Lab Skills - role play reducing the effects of cognitive impairments

Basic Restorative Services

6. Demonstrate knowledge and skills associated with basic restorative services for residents in long term care.
 - Describing steps involved in training residents to perform task based on their abilities
 - Demonstrating knowledge and skills related to assistive devices for transferring, ambulating, eating, and dressing residents
Examples: Lab Skills - crutch, cane, walker, dressing, eating
 - Defining the importance of range of motion and accurately demonstrating steps for providing exercises for long term care residents
Examples: Lab Skills - perform passive range of motion exercises to include knee, ankle, shoulder
 - Identifying positioning and turning techniques for residents
Examples: Lab Skills - turning and positioning
 - Recognizing steps involved in bowel and bladder training
Examples: Lab Skills – bowel and bladder training schedule
 - Demonstrating skills related to the care and use of prosthetic and orthotic devices

Resident Rights

7. Recognize the role of resident rights in long term care and demonstrate skills in maintaining resident rights in daily activities.
 - Identifying steps for providing privacy and maintaining confidentiality of residents in long term care facilities
Examples: Lab Skills - HIPAA standards and regulations, confidentiality form, role play
 - Promoting a resident's right to make choices and accommodating their needs while in long term care
 - Recognizing the steps involved in resident grievance and assisting resident with resolving disputes
 - Assisting resident to participate in family groups and other activities while in long term care
 - Providing care and security of a resident's personal possessions while in long term care
 - Promoting a resident's right to be free from abuse, mistreatment, and neglect while in long term care
 - Demonstrating knowledge and understanding of a resident's right to be free from restraint use